

ABSTRACT OF THE DISCLOSURE

A composition and medicament comprising the cis-9, trans-11 isomer of conjugated linoleic acid for treating inflammatory diseases, including asthma, is provided. A method for inhibiting the proliferation of human or animal cells of the immune systems involved in an immune response including administering the cis-9, 5 trans-11 isomer of conjugated linoleic acid to a patient is also provided. A nutritional, functional food, or dietary supplement including the cis-9, trans-11 isomer of conjugated linoleic acid is also provided.